

Coming Thursday: 'Good Morning Vietnam'

Granite City Journal

MEMBER: SUBURBAN NEWSPAPERS OF GREATER ST. LOUIS

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4 Sections, 28 Pages

TWENTY CENTS

Roofer shocked by wire

GRANITE CITY — Randy Hunt, 31, Granite City, a nine-year employee of Quad-City Roofing, 800 State St., Madison, was injured at 10 a.m. Tuesday when he was grounded by an electrical wire while working on top of the Granite City Public Library, 2001 Delmar Ave.

Hunt was conscious when fire-fighters and paramedics, using an aerial ladder, scaled the building and lowered Hunt after he was strapped to a stretcher. He was taken by ambulance to St. Elizabeth Medical Center.

"There is a lot of voltage in those wires," said Benny Dunnivant, Granite City, who was working with Hunt on the roof.

"Randy was putting up a turn bolt and I think he put his foot on the gutter when it happened," he said.

Dunnivant said his brother, Kenny Dunnivant, Granite City, also a Quad-City Roofing employee, broke the current by using a rubber bar, freeing Hunt.

Hunt appeared to have suffered burns to the right arm.

Fire Chief Charles Bernaix, who was on the roof of the library's rescue team, said the effort took about 25 minutes. A large crowd witnessed the rescue.

A rubber 55-gallon trash can



Seebold Concrete Co.

Burglar hits Salvation Army

By Andy Siering
Staff writer

GRANITE CITY — Of all places to choose for a target, somebody burglarized the Salvation Army's Corps/Community Center, 3007 E. 23rd St., during the weekend.

The incident happened between 7 p.m. Friday and 8:45 a.m. Saturday, said Salvation Army Capt. Curtis Hartley.

Entry was gained by breaking a plate-glass door at the rear of the building.

A rubber 55-gallon trash can

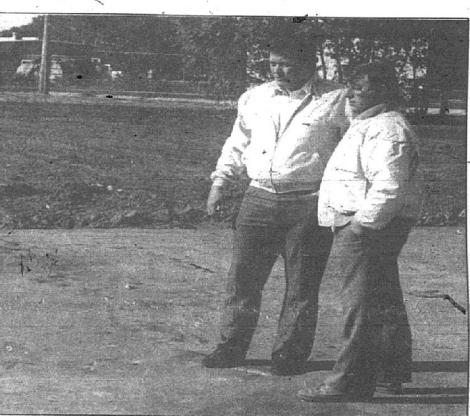
was found outside, evidently used by the thief or thieves to enter the facility.

Hartley said electronics equipment was stolen from three offices and the chapel.

About \$2,500 worth of stereo and audio equipment is missing; some of it belonged to Hartley himself. Also taken were a portable TV and two cameras.

Hartley said he felt there must have been more than one thief because of the sheer volume and weight of some of the items taken.

The entire facility was ran-



Dan Partney and Erv Derousse

Junk gone

DeRousse, Partney get 'impossible' done

By Mike Myers
Staff writer

GRANITE CITY — On March 1, 4th Ward Alderman Dan Partney was fighting for an ordinance banning the boarding up of buildings in the city. That hasn't passed yet, but a major site of concern has been razed and cleaned.

"You can see how they

(boarded-up buildings) destroy a neighborhood," he said as he drove through West Granite City that March day. He turned onto 22nd Street toward downtown.

"That," Partney said as he slowed down for a better look, "is the biggest junk yard in the city. Basically, what we've got here is a junk yard with no

(See JUNK, Page 12A)

Good use of flood funds guaranteed

Fourth of a series
(See related editorial)
By Bill Winter
Staff writer

If you go back through the local sanitary district's 81-year history, you will find many instances of financial waste and corruption, historians say.

Factors in their guarantee include:

1. Designation of the St. Louis District of the Army Corps of Engineers to award and supervise all of the scheduled flood protection rehabilitation and reconstruction projects.
2. Enforcement of June 30, 1988, of a state law calling for regular reports by the Metro East Sanitary District to the Illinois Transportation Department's Division of Water Resources, which would be responsible to monitor MESSD operation and maintenance expenditures.
3. Demonstrated reform of MESSD staffing and spending procedures during the 1980s.

Pete Puricelli, chief of the



(Staff photo by Patrick Foley)

NO MORE BASEMENT. In March 1985, family members shoveled sand to fill in the basement of the Jerry White home on Angela Drive, Normoyle Township. This ended the family's battle with a high water table that frequently flooded the basement. Four other basements in their neighborhood also were filled in with sand.

Program Management Office, St. Louis District, Corps of Engineers, has outlined a five-year plan that includes installation of

60 deep-wells and pumps utilizing \$6 million in federal funds, \$1.2 million worth of lands, easements and rights of way, and an

\$800,000 contribution by the Division of Water Resources.
Non-federal deep-well annual

(See FLOOD, Page 12A)

sacked and vandalized, including the chapel, where a United States flag was knocked over.

A large industrial refrigerator was propped open and an undetermined amount of food was taken; the intruder left the doors open and most of the rest of the food spoiled and had to be thrown away.

The Salvation Army here feeds about 15 families a day, Hartley said. Several youth corps will be unable to perform for the public until the sound equipment is replaced.

When it was suggested that it

takes a particular kind of thief to burglarize the Salvation Army, Hartley replied, "That's what we're thinking."

According to Hartley, the center has been open 14 years and this is the first time a major burglary has occurred there.

None of the toys for the children's Christmas drive were taken, he said.

The Salvation Army provides a food pantry, short-term emergency housing, emergency gasoline and emergency medical prescriptions.

John Dukakis to open Demo HQ here Oct. 12

Harrison said the public is invited.

Rep. Jerry Costello, 21st District, scheduled to hold a town meeting here Thursday evening, announced today, the meeting has been cancelled.

A town meeting scheduled by Costello in Edwardsville was also cancelled.

Reviews and previews

Madison appoints new alderman

The 3rd Ward in Madison got a new alderman and was more than doubled geographically by the City Council last week. Mike Vrabec, 3rd supervisor of the Child Support Division of Madison County, was appointed to fill the position left by the resignation of Jon Wilson. The council also approved an ordinance placing into the 3rd Ward all land annexed by the city since 1982.

Branch library building opens

The Granite City Branch Library is now open for business in a new building at 2145 Johnson Road. The library features carousel shelves. The branch was previously housed in Central Christian Church. The branch hours are 12:30 to 9 p.m. Tuesday and Wednesday, and 9 a.m. to 5:30 p.m. Thursday through Saturday.

Pontoon Lions set Candy Day

Pontoon Beach Lions will take part in the organization's statewide Candy Day on Saturday to support programs and services for the blind and deaf. The Lions, who will be wearing Candy Day aprons, will give away candy rolls and accept contributions.

50 years ago

Thursday, Oct. 13, 1938

Both local high schools in the Southwestern Illinois Conference are playing football away from home this week. Granite City travels to East St. Louis tomorrow night and Madison goes to Belleville at the same time.

Tip of the hat

Olympic spirit

Steve Tritschuh, Granite City, is back home after being a member of the U.S. Olympic soccer team in Seoul, South Korea. Although he did not get an opportunity to play, Tritschuh said, "There were 20 guys in the whole country who got to be on the soccer team. I was one of them. The coach did what he thought was best. I wanted to play, but I'll always have the memories and the mementos. I was honored to go."



Steve Tritschuh

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Proposed bill gives Bi-State tracks needed for Metro Link

By Gail Compton
Staff affiliate

The Bi-State Development Agency would obtain the tracks necessary to operate the proposed light rail system under a bill approved last week by an aldermanic committee.

However, a clause that would have allowed the city to use the city-owned MacArthur Bridge for the Terminal Railroad Association's Eads Bridge was eliminated from the bill.

The city counselor's office has

not finished work on the legal aspects of the bridge swap and a separate bill will be introduced in the Board of Aldermen in two weeks, said the bill's sponsor, Alderman Jo Anne Wayne, D-1st Ward.

The aldermanic Transportation Committee on Oct. 6 gave unanimous approval to the bill that would allow the city to accept from the railroad most of the track necessary to operate Metro Link, the 18-mile light rail system that would link East St.

Louis with north St. Louis County.

The City of St. Louis would deed the track to Bi-State, the agency that will run Metro Link. Bi-State would allow the city to accept from the Norfolk Southern Corp. a 14-mile stretch of track running from Vandeventer Avenue to Highway 40 through Forest Park to near Lambert-St. Louis International Airport.

The city also would accept from the Terminal Railroad its

track and tunnel downtown and the tracks running from downtown to Vandeventer.

The bill also expresses the city's intent to swap the bridges, which is necessary for the light rail system to proceed. The railroad would be able to take a tax credit for the donated infrastructure.

The track presently is only lightly used by the railroads if used at all, said Jill Roach, transportation manager for the city.

Metro Link would be built with about \$228 million in federal funds. The city's share of the project would be the donation of the rail deck of Eads Bridge and the railroad tracks, estimated to be worth about \$80 million.

The bill is expected to be passed by the Board of Aldermen on Oct. 21, Wayne said.

Bi-State plans on Oct. 25 to sign a funding agreement with the federal Urban Mass Transit Administration, the agency that would funnel federal

funds to Bi-State. Congress already has allocated nearly \$150 million for the construction of Metro Link, although it has not yet passed the funding on to Bi-State pending the signing of the full-funding agreement, a Bi-State spokesman said.

Construction could begin in early 1990 and Metro Link is scheduled to be completed by 1993, Wayne said.

Church Women plan fall activities

Several events are scheduled in the next two months for members of Church Women United in the Quad City area. The group reported its fall group executive board meeting held Sept. 20 at St. Peter Evangelical United Church of Christ.

Seventeen members representing 11 churches attended the session, conducted by Dorothy May, CWF national president.

Among the activities discussed was a new project to raise additional funds to place two children in a licensed day care center and allow a parent to return to the work force or

continue her education.

Reports were given concerning legislative programs in Springfield, Project Help, Crop Walk for Hunger and the layette and literacy programs.

Successful and third group was sponsored another drive on Dec. 28 from 1 to 7 p.m. at St. Peter's Church.

Members were advised of a meeting at Oct. 10 to plan for Snowball to initiate plans for the 1989 State Assembly, the Fall Area Institute at Centralia on Oct. 20, and World Community Day at 7 p.m. Nov. 4 at Mitch-

ell Presbyterian Church.

The public is invited to attend World Community Day, when the Crop offering will be collected.

In other action, approval was given by the board to a slate of officers submitted by the nominating committee. Those selected include:

Dorothy Kinney, president; Dorothy Luedke, first vice president; Max Lee, second vice president; Joyce Bennington, secretary; Eva Clemons, treasurer; and Florence Simpson, nominating chairman.

Obtaining patent topic of SIUE seminar Oct. 20

Raymond C. Loyer, a senior patent attorney for Monsanto Corp., will conduct "An Introduction to Patenting" seminar from 7 to 9:30 p.m. Thursday, Oct. 20, in the Hickory Room of the University Center at Southern Illinois University at Edwardsville.

Loyer will discuss several points of the patent process, including: What can be patented, requirements to complete the process, licensing, and the use of

patents, trademarks, copyrights and "trade secrets."

Admission is \$10. For more information, persons may call Susan Burgess at 692-2166.

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If you see news...

If you see news, call the *Press-Record Journal* at 877-7700 and ask for the editor.

People Needing People serves region

By Carol Winders

"I'm an old nurse, and a new丧夫者, I'm a widow," said Dorothy Peach, RN, MSW, CSW, facilitator and founder of the *People Needing People Bereavement Support Group* sponsored by Hospice of Madison County.

"I attended the nursing school at St. John's Hospital and nursed for a few years, then took some time off to have a family. Eventually, I went back to get my bachelor's degree and got interested in Hospice. After getting my master's in social work at St. Louis University, I staffed at St. Luke's Hospice in Shreveport, England, with a group for SIUE."

Peach then decided she wanted to work with a hospice in the United States.

"I wanted to work with Hospice of Madison County, but I noticed something," said Peach. "We were expanding and were so busy, we never had the time to follow-up with the families. We were there for them during the last days of their loved ones' illness. We got very close to them. Then after their loss, they lost us too. We had a few grief workshops, but nothing on going; nothing to work out everyday problems."

Peach is the core group from a Grief Workshop she had conducted in the fall of 1985, and in January of 1986, founded, with the help of Hospice of Madison County, the *People Needing People Bereavement Support Group*. The group is open to all Hospice of Madison county bereaved and the bereaved in the community.

"At our first meeting, we had about 18 people," she said. "At our August meeting, we'd grown to 22. Some people came for one meeting, got what they needed and never came back; some came for six months, a year; some have been coming since the first few meetings. They're better now. In fact, one of our widows and widowers met and really come now to help others. This is my favorite part about this group. We have a family feeling. Everyone is so concerned and willing to help," Peach said.

The group shared a loss at its last meeting.

"One of our very strong mem-

bers was killed. It was such a shock to everyone. We all decided to go forward. Grief was very difficult, but it really intensified our feeling of fellowship," Peach said.

Now, the group is expanding their meetings from once a month to twice a month. Starting in September, they will meet on the fourth Tuesday of every month at St. Elizabeth Medical Center, from 7 p.m. to 9 p.m. They will also continue to meet on the second Tuesday of the month at Anderson Hospital, in Mayville.

"I'm very excited about the new meetings," Peach said. "By expanding to a second meeting and locating it in Granite City, we can better serve members of the group. Hopefully, we'll also attract new members."

The group also reaches out to those who cannot attend meetings.

"What started as reminders of meeting dates, gradually grew into a support group," Peach said. "I write something about what happened at the last meeting and list special dates and anniversaries of deaths for everyone. I also add appropriate poems or prayers saying, 'I had several people who can't come to the meetings tell me how they have appreciated it and shared it with their friends.'

"As with many people in life, starting to meet people in a group is the hardest part. You have to drop yourself out there. Then, once you get here, you want to cry. Everyone usually cries quite a bit during their first few meetings. Also, it is hard to talk about your loss. It is so personal and there are in a group full of strangers."

"It takes some people a few meetings to warm up. Then, they realize they aren't the only ones who have been through a loss and everyone in the group really cares," Peach said. "They start to get a sense of hope from the group. These are people who have survived a loss. They have already gone through what you are experiencing now. It helps a lot of people."

Although there are no restric-

tions on the group, Peach does have some advice.

"We talk to anyone not to come for the first three months after their loss. It is just too sudden and too painful. Of course, if you feel you are ready, we welcome you. Everyone grieves in their own way. Some people might be able to handle a meeting during those first months, but most people can't," Peach said.

"In the meetings, the group deals with a lot of practical problems left by the death of a loved one.

"We talk a lot about difficulties with housework, legal problems, financial difficulties, a sick family crisis. We also talk about grief and its symptoms; independence versus dependence on children; the responsibilities you have when your children die; the loneliness and anxiety," Peach said.

"We also talk about family situations. One meeting, I had older widows talking about how to handle their children, both their own and their children's. Later on, I had widows talking with teenagers about how to cope with the noise. We talk about a lot of 'why's' and 'if only's.' Over time, we try to use our sense of humor and talk, in a relaxed and spontaneous way, any problems that the members of the group have."

The group also deals with anger from time to time.

"As people come to you and discuss, there can be a tremendous amount of rage and guilt. Often there is no one the bereaved can safely express this anger to. It doesn't seem 'right' to be angry. We talk out a lot of anger."

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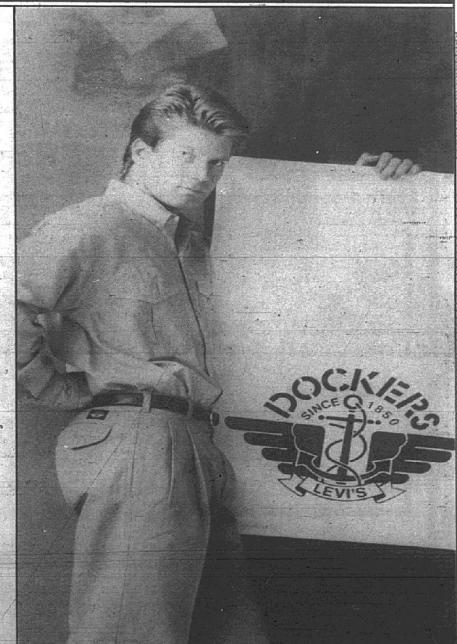
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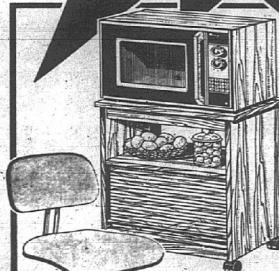
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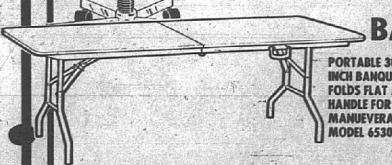


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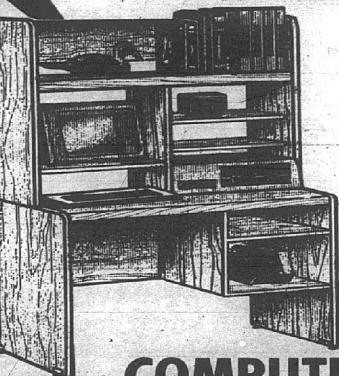
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Conference on adult education

An annual fall adult education conference, "Make It Happen," will be held Oct. 13-14 in Collinsville.

Sponsored by the Adult Education Service Center at Southern Illinois Area Adult Education, the conference will be at the Collinsville Holiday Inn from 1 until 5 p.m. Thursday and from 8 a.m. until 3 p.m. Friday. A hospitality hour and dinner have been scheduled for 5:30 Thursday evening.

Featured speaker at the two-day conference will be Beverly Hickman, a lecturer from Springfield. Hickman will discuss the major differences between success and failure for the adult student. Her speech is titled "Meeting the Challenges of Adult Education."

A special symposium, "Trends and Issues in Adult Education: Winds of Change," will take place at the conference, and the panel discussion will include directors of many adult education programs in this area.

Nationally recognized manufacturers will exhibit books, equipment and training materials for adult education.

Additional information may be obtained by calling Diane Rankin, director of the Southern Illinois Area Adult Education Service Center at SIUE, 692-2254.

55-alive driving course offered

The 55-Alive Driving Course will be available Oct. 24-26 in Granite City.

The program is designed to increase the older driver's concern for age-related physical changes of vision, hearing and reaction time, as they affect driving, and to increase awareness of appropriate techniques for driving in complex traffic patterns.

It will be held at the Granite City Campus, 4950 Maryville Road on Monday, Oct. 24, Tuesday, Oct. 25, and Wednesday, Oct. 26, from 7 p.m. to 9:45 p.m. The cost is \$7 per person for the three-day session and may be paid on the first day of class.

Only persons 55 years of age and older are eligible.

Most insurance companies will allow a discount on insurance premiums for seniors who have taken this class, a spokesman said.

For further information or to register for the class, seniors may call the Retired Senior Volunteer Program (RSVP) in Granite City at 876-3223.

Three business seminars slated

Three business education seminars have been scheduled in October at the Granite City Campus of Belleville Area College.

For information, persons may call the Business Assistance Center at 225-2700, extension 201, or toll-free 1-800-BAC-131, extension 201.

How to Start a Business will be offered from 7 to 10 p.m. Wednesday, Oct. 12, in Room 306.

Cost is \$15 per person and \$10 for each additional company member. Instructor is David Marlow, business and training representative in the Business Assistance Center.

The other seminars are scheduled on Oct. 22 as part of Saturday Experience, a series of no-credit personal interest workshops at the Granite City Campus. They are:

Motivation for Personal Productivity, 9 a.m. to noon;

Time Management for Professionals, from 1 to 4 p.m.

Cost for each workshop is \$25. Instructor for each session is Marlene Towner of the Business Assistance Center.

Ostomy support group forming

The Ostomy Support Group will be holding its second meeting at 7 p.m. on Oct. 18 in Pascal Hall at St. Elizabeth Medical Center.

The group is open to anyone who has had a colostomy, ileostomy or urostomy. It is designed to provide fellowship among people who have shared a common experience, and offer support to others. The families and friends of people with ostomies are encouraged to attend.

Anita Adams, RN, an enterostomal therapist, will discuss the different types of ostomies. She will also answer any questions anyone might have.

"Being in a support group will not only assist new ostomates, it will also help those who have had to live with ostomies for some time," Adams said.

Anyone who has questions about the Ostomy Support Group can call 798-3167 for more information.

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CENTRAL HARDWARE



GC-TV Joffrey Taylor, left, and Randy Smith set up and test the camera the day before the Granite City Council went on the air Oct. 4. Smith has been hired by the city to broadcast the meetings on Channel 18 on Granite City Cencom Cable. Smith, a technician with Cencom, assisted in choosing and setting up the city's equipment. The aldermen were subdued, according to observers, during the council's on-the-air debut.

Constitutional convention — too costly, or worth it?

By Rick Arnold
Staff affiliate

Supporters call it a "once-in-a-generation" chance. Opponents term it a waste of money.

The debate is over a referendum on the Nov. 8 ballot calling for state constitutional convention. If voters support the referendum, they later would elect 118 delegates to conduct a convention within the next two years.

Any reform amendments desired by the delegates would be brought before Illinois voters.

The last such convention was held in 1969; a revised state constitution was adopted in 1970, replacing the 1870 constitution.

The provision in the constitution calling for the convention must be brought before the voters every 20 years, it they might feel it should be changed.

Strongly opposed to calling a constitutional convention at this time are virtually all of the state's top governmental, labor and business leaders.

Supporting the idea is the Citizens for Constitutional Reform, a Chicago-based group. Patrick Quinn, spokesman, said the constitution must change if Illinois wants to meet the challenges of the future.

Quinn said his group is targeting the following areas for constitutional reform: tougher en-

forcement of public officials, property tax reform, more funding for education, establishing a process for recall elections, expanding powers of citizen initiative and improving utility regulation.

David Vaughn, a Fairview Heights attorney who is heading up Metro East efforts to get the referendum passed, said getting more state funds for education is a top priority.

Vaughn said educational funding is just one of many issues lawmakers have used as a "political football."

"The mistake we've made is delegating too much power to the governor and legislators," Vaughn said.

Others agree constitutional reform is necessary, but do not think a constitutional convention is the way to do it.

"The League feels this is shortsighted," said Betty Bucknell, who is on the board of directors of the state chapter of the League of Women Voters.

Bucknell, of Belleville, said the League would like to see merit selection of judges as well as more state funding for education. But the group feels the best way to do this is through the amendment process.

Bucknell said the expected cost of such a convention also concerns the League.

"Our best judgment would be \$30 million, based on the fact the

1970 convention cost about \$15 million," Bucknell said, adding that the biggest expense would come in providing food, lodging and transportation for delegates.

"The League feels this is shortsighted," said Betty Bucknell, who is on the board of directors of the state chapter of the League of Women Voters.

Bucknell, of Belleville, said the League would like to see merit selection of judges as well as more state funding for education. But the group feels the best way to do this is through the amendment process.

Bucknell said the expected cost of such a convention also concerns the League.

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Rules of road Oct. 19

Secretary of State Jim Edgar, in cooperation with the Granite City Council of the Illinois Citizens, is offering a Rules of the Road review course Oct. 19 for all citizens in the Granite City area.

The purpose of the course is to help applicants pass the Illinois Drivers License renewal examination. It updates drivers on the rules of the road, explains the vision and the driving ability

examinations, and prepares applicants for the general written and road sign examination.

The review course will be held at the Granite City Township Building, 2060 Delmar Ave., on Wednesday, Oct. 19, from 9 a.m. to 11 a.m.

The course is free to everyone, any age, who wishes to attend. For more information, Clyde Myers can be called at 876-3931.

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Amish Country trip offered on Nov. 12

GRANITE CITY — "Christians in Amish Country" will be celebrated with a Park District trip to Arcola and Arthur, Ill., on Saturday, Nov. 12.

Sign-up day for the excursion will be Tuesday, Oct. 18, starting at 8 a.m. at the Wilson Park Office. The total charge for the trip is \$60.00, which includes fare, an Amish country tour and a buffet meal.

Park District residents will be given priority on reservations, with non-residents being placed on a waiting list, officials said. No one person can sign up more than one person.

The one-day trip will include a visit to the Amish Country Craft Guild Christmas Show and a tour of the Amish region. A guide will accompany the visitors on board the bus to provide a narrative about the Amish way

of life.

A buffet meal will be served at The Dutch Kitchen in Arcola and stops will be made at the Rockome Store and other Arcola shops, if time permits.

Further information may be obtained by calling the park office at 877-8059.

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8 oz. sterile saline solution.
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30 capsules. Laxative with
docusate sodium. 10 capsules. 1.99

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Illinoisans AIDS educated

Illinois residents have become more knowledgeable in the past 18 months about how AIDS is transmitted and are more likely to practice safe sex to reduce the risk of catching the deadly disease, according to a survey conducted for the Illinois Department of Public Health.

The survey, when compared to a similar Department telephone poll in January 1987, is even more concerned about the disease, and a majority believe AIDS patients and those in high-risk groups should not be forced to be tested or disclosed.

"The results of this survey prove aggressive public education efforts will result in behavioral changes that prevent thousands of persons from being infected with AIDS," said Dr. Bernard J. Turnock, director of the Illinois Department of Public Health. "With no cure for AIDS, we must change behavior to protect people at risk of contracting the disease and our survey indicates that changes have been happening."

While significant gains were reported in the knowledge of the overall public, the survey also found that young minorities are still less informed and more fearful of the disease than the general population.

"The progress we've made in Illinois is encouraging, but the survey shows us there are still groups we need to reach to spread the facts about this disease," Dr. Turnock said. "We will use the information gener-

ed by this study to continue to mold our public education programs to stop the spread of AIDS."

He said the latest survey findings include:

"The percentage of respondents who feel they know a lot about AIDS has increased (10 percent to 27 percent) since January 1987. Another one out of four, however, still feel they know little about the disease, and only 10 percent of the young minorities considered themselves very informed."

"Significant behavior changes, especially among young minorities and singles, have occurred since January 1987. The majority of married and single young minorities, as well as single adults age 20 to 44, say they are actually reducing their risk of getting the disease. More than half the singles say they are now using condoms, seven of 10 say they are now more careful when choosing sex partners and 53 percent say they have fewer sex partners."

"The overwhelming majority of those polled were very knowledgeable about the ways AIDS can and cannot be spread. However, those least knowledgeable as to ways AIDS is spread were the youngest (16- and 17-year-olds) and single elderly (over age 45) respondents, non-whites, unemployed and downstate residents."

"AIDS is the most serious medical problem facing the country, according to two-thirds of the general population, up from 52 percent in early 1987."

Veterans name senator their 'man of the year'

CHICAGO — State Sen. Sam Vadalabene, D-Edwardsville, has been named "man of the year" by the Combined Veterans Association.

"I am honored and humbled by this award," Vadalabene said. He has avidly supported veterans' legislation, including a recent congressional amendment to exempt veterans' organizations from property taxes.

Vadalabene was also an outspoken opponent in 1987 of the

move to close several veterans' field offices operated by the Department of Veterans' Affairs.

"The closing of these offices made veterans — especially those in southern and northwestern Illinois — drive hundreds of miles to receive assistance. There were other places that the budget would have been cut rather than to cut veterans' services to the men and women who risked their lives for our country," Vadalabene said.

Bi-State Agency eyes Metro Link's signing

Executives of the Bi-State Development Agency expect to sign on Oct. 25 a contract obligating the federal government to pay for construction of the proposed Metro Link light rail transit system.

A Bi-State spokesman said Alfred E. Johnson, administrator of the Urban Mass Transportation Administration, will attend the signing ceremony.

The contract is slated to be signed at 10 a.m. on the top level of the Gateway Arch parking garage in downtown St. Louis.

The contract requires the federal government through UMTA to pay the \$250-million construction cost of the 18-mile system. It would run from East St. Louis to Lambert-St. Louis International Airport.

A Bi-State spokesman said Congress already has allocated nearly \$150 million for Metro Link construction.

If construction gets under way next spring, Metro Link could begin operating in early 1993, Bi-State has said.

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"As in January 1987, eight out of 10 Illinois residents feel children with AIDS should be allowed to attend school with other children."

"The majority of the general population (61 percent) and young minorities (65 percent) believe persons with AIDS in high-risk groups should not be forced to be tested or discriminated against."

"Nearly all respondents believe their personal physician, the local health department and the U.S. surgeon general are reliable authorities on AIDS. About half felt that the news media was a reliable source of information."

"Knowledge of the state AIDS hotline, 1-800-AID-AIDS, has nearly doubled since January 1987, from 27 percent to 42 percent."

The survey was conducted by telephone between July 7 and 16 of 822 residents between the ages of 16 and 65, and 201 blacks and Hispanics between the ages of 16 and 25. The survey also found that young minorities were the least informed and most fearful of the disease, so a separate sample of that group was included.

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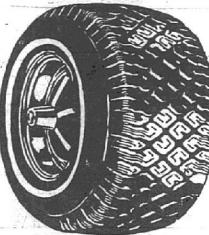
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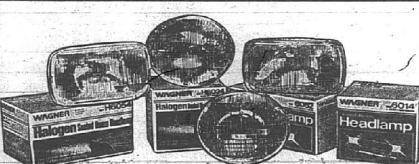
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State OKs SIU union elections

SPRINGFIELD — Faculty and professional staffs at Southern Illinois University will vote in November on union representation.

The pending elections were made possible Sept. 29 by a decision of the Illinois Educational Labor Relations Board, which met in Chicago.

Separate elections will be held for faculty and staff at the Edwardsville, Alton and Carbondale campuses.

The board also ruled department chairmen should be included in the faculty bargaining unit.

Elections first were requested more than three years ago.

About 700 employees at the Edwardsville and Alton campuses will be voting on union representation, as will about 1,700 at the Carbondale campus.

The SIU administration could appeal the board's decision in circuit court.

The Edwardsville and Carbondale campus elections will pit the two major teacher unions, the Illinois Education Association and the Illinois Federation of Teachers, against each other for the first time to represent university faculty in the state.

A 1983 state law guaranteed the right to union representation elections for educational employees if at least 30 percent of those

proposed for the bargaining unit submitted cards requesting a vote.

The state blamed the delay in reaching a decision in the case on the more than 7,000 pages of testimony and exhibits the Educational Labor Relations Board had to review.

The majority of the legal documents were submitted by the SIU administration's lawyers.

The only successful faculty union representation election at

an Illinois state university since the 1983 law was passed was at Sangamon State University, Springfield, where an IFT affiliation won.

Faculty at Northern Illinois and Illinois State universities narrowly rejected union representation.

The faculty of the Board of Governors system, which includes Eastern Illinois, Western Illinois, Chicago State and Governor's State universities,

voted for IFT representation before the 1983 law was passed.

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HOGGEN REVISITED: An unincorporated area just outside Madison, known as Hoggen, populated by between 800 and 1,200 pigs, has been rebuilt since most of it was destroyed by a fire that started in an illegal dump there in May. No local fire departments would respond to the fire, which burned out of control for more than a week. The lack of response and the dump itself were the subject of investigation by Madison County State's Attorney Dick Allen, but those who have hogs there said so far nothing has changed.

Simon urges halt in Medicare cuts

WASHINGTON — Sen. Paul Simon, D-Ill., has announced a bipartisan, bicameral fight to protect Medicare from further budget cuts in 1989-90.

Simon was joined at a news conference Saturday by members of Congress and leaders from a coalition of labor, consumer groups and health care providers to announce a joint effort to combat congressional intent to protect Medicare hospital payments (Part A of the program) from any further budgetary cuts in Fiscal Year 1989-90.

The 1989 federal budget year began Oct. 1.

The lawmakers said offering the bill in the closing days of the 100th Congress will pave the way for early consideration next year and give time to attract more supporters.

Simon argued that further budget reductions threaten the financial viability of many hospitals and the quality of care to Medicare patients.

"We are introducing a resolution in the House and in the Senate which simply calls for a sense of Congress that there should not be a further reduction in Medicare Part A as we try to get rid of the deficit," said Simon.

Fourteen hospitals in Illinois have closed since 1986. In recent years, hospitals that serve large numbers of publicly paid (Medicare and Medicaid) patients

have struggled to maintain an operating margin "in the black."

At St. Anne's Hospital in Chicago, which closed last month, about one-fourth of its patients were Medicare recipients.

Medicare was designed as a comprehensive social insurance plan to those who have contributed to our country's well-being," said Simon.

"Instead of fulfilling that commitment, we have increased the out-of-pocket expenses for our elderly and disabled. At the same time we have reduced the options that our nation's hospitals need to provide access to quality care for the elderly and disabled beneficiaries."

"Over the last several years, this administration has sent out budget request after budget request proposing Medicare cuts and cuts in the program. These cuts have come from several places, but mostly they have come through Medicare cost containment and changed reimbursement to hospitals. Today, we see new evidence that these cuts are coming home to roost, and in ways that are tangibly hurting our communities."

Simon also noted the Medicare Hospital Insurance Trust Fund is expected to produce an annual net surplus and therefore does not contribute to the deficit. Medicare provides health insurance coverage for 33 million of the nation's elderly and disabled citizens.

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L1505/75R16 BSL	C	\$461.95	
L1515/75R16 BSL	C	\$473.95	
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L1695/75R16 BSL	C	\$689.95	
L1705/75R16 BSL	C	\$701.95	
L1715/75R16 BSL	C	\$713.95	
L1725/75R16 BSL	C	\$725.95	
L1735/75R16 BSL	C	\$737.95	
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L1755/75R16 BSL	C	\$761.95	
L1765/75R16 BSL	C	\$773.95	
L1775/75R16 BSL	C	\$785.95	
L1785/75R16 BSL	C	\$797.95	
L1795/75R16 BSL	C	\$809.95	
L1805/75R16 BSL	C	\$821.95	
L1815/75R16 BSL	C	\$833.95	
L1825/75R16 BSL	C	\$845.95	
L1835/75R16 BSL	C	\$857.95	
L1845/75R16 BSL	C	\$869.95	
L1855/75R16 BSL	C	\$881.95	
L1865/75R16 BSL	C	\$893.95	
L1875/75R16 BSL	C	\$905.95	
L1885/75R16 BSL	C	\$917.95	
L1895/75R16 BSL	C	\$929.95	
L1905/75R16 BSL	C	\$941.95	
L1915/75R16 BSL	C	\$953.95	
L1925/75R16 BSL	C	\$965.95	
L1935/75R16 BSL	C	\$977.95	
L1945/75R16 BSL	C	\$989.95	
L1955/75R16 BSL	C	\$1001.95	
L1965/75R16 BSL	C	\$1013.95	
L1975/75R16 BSL	C	\$1025.95	
L1985/75R16 BSL	C	\$1037.95	
L1995/75R16 BSL	C	\$1049.95	
L2005/75R16 BSL	C	\$1061.95	
L2015/75R16 BSL	C	\$1073.95	
L2025/75R16 BSL	C	\$1085.95	
L2035/75R16 BSL	C	\$1097.95	
L2045/75R16 BSL	C	\$1109.95	
L2055/75R16 BSL	C	\$1121.95	
L2065/75R16 BSL	C	\$1133.95	
L2075/75R16 BSL	C	\$1145.95	
L2085/75R16 BSL	C	\$1157.95	
L2095/75R16 BSL	C	\$1169.95	
L2105/75R16 BSL	C	\$1181.95	
L2115/75R16 BSL	C	\$1193.95	
L2125/75R16 BSL	C	\$1205.95	
L2135/75R16 BSL	C	\$1217.95	
L2145/75R16 BSL	C	\$1229.95	
L2155/75R16 BSL	C	\$1241.95	
L2165/75R16 BSL	C	\$1253.95	
L2175/75R16 BSL	C	\$1265.95	
L2185/75R16 BSL	C	\$1277.95	
L2195/75R16 BSL	C	\$1289.95	
L2205/75R16 BSL	C	\$1301.95	
L2215/75R16 BSL	C	\$1313.95	
L2225/75R16 BSL	C	\$1325.95	
L2235/75R16 BSL	C	\$1337.95	
L2245/75R16 BSL	C	\$1349.95	
L2255/75R16 BSL	C	\$1361.95	
L2265/75R16 BSL	C	\$1373.95	
L2275/75R16 BSL	C	\$1385.95	
L2285/75R16 BSL	C	\$1397.95	
L2295/75R16 BSL	C	\$1409.95	
L2305/75R16 BSL	C	\$1421.95	
L2315/75R16 BSL	C	\$1433.95	
L2325/75R16 BSL	C	\$1445.95	
L2335/75R16 BSL	C	\$1457.95	
L2345/75R16 BSL	C	\$1469.95	
L2355/75R16 BSL	C	\$1481.95	
L2365/75R16 BSL	C	\$1493.95	
L2375/75R16 BSL	C	\$1505.95	
L2385/75R16 BSL	C	\$1517.95	
L2395/75R16 BSL	C	\$1529.95	
L2405/75R16 BSL	C	\$1541.95	
L2415/75R16 BSL	C	\$1553.95	
L2425/75R16 BSL	C	\$1565.95	
L2435/75R16 BSL	C	\$1577.95	
L2445/75R16 BSL	C	\$1589.95	
L2455/75R16 BSL	C	\$1601.95	
L2465/75R16 BSL	C	\$1613.95	
L2475/75R16 BSL	C	\$1625.95	
L2485/75R16 BSL	C	\$1637.95	
L2495/75R16 BSL	C	\$1649.95	
L2505/75R16 BSL	C	\$1661.95	
L2515/75R16 BSL	C	\$1673.95	
L2525/75R16 BSL	C	\$1685.95	
L2535/75R16 BSL	C	\$1697.95	
L2545/75R16 BSL	C	\$1709.95	
L2555/75R16 BSL	C	\$1721.95	
L2565/75R16 BSL	C	\$1733.95	
L2575/75R16 BSL	C	\$1745.95	
L2585/75R16 BSL	C	\$1757.95	
L2595/75R16 BSL	C	\$1769.95	
L2605/75R16 BSL	C	\$1781.95	
L2615/75R16 BSL	C	\$1793.95	
L2625/75R16 BSL	C	\$1805.95	
L2635/75R16 BSL	C	\$1817.95	
L2645/75R16 BSL	C	\$1829.95	
L2655/75R16 BSL	C	\$1841.95	
L2665/75R16 BSL	C	\$1853.95	
L2675/75R16 BSL	C	\$1865.95	
L2685/75R16 BSL	C	\$1877.95	
L2695/75R16 BSL	C	\$1889.95	
L2705/75R16 BSL	C	\$1901.95	
L2715/75R16 BSL	C	\$1913.95	
L2725/75R16 BSL	C	\$1925.95	
L2735/75R16 BSL	C	\$1937.95	
L2745/75R16 BSL	C	\$1949.95	
L2755/75R16 BSL	C	\$1961.95	
L2765/75R16 BSL	C	\$1973.95	
L2775/75R16 BSL	C	\$1985.95	
L2785/75R16 BSL	C	\$1997.95	
L2795/75R16 BSL	C	\$2009.95	
L2805/75R16 BSL	C	\$2021.95	
L2815/75R16 BSL	C	\$2033.95	
L2825/75R16 BSL	C	\$2045.95	
L2835/75R16 BSL	C	\$2057.95	
L2845/75R16 BSL	C	\$2069.95	
L2855/75R16 BSL	C	\$2081.95	
L2865/75R16 BSL	C	\$2093.95	
L2875/75R16 BSL	C	\$2105.95	
L2885/75R16 BSL	C	\$2117.95	
L2895/75R16 BSL	C	\$2129.95	
L2905/75R16 BSL	C	\$2141.95	
L2915/75R16 BSL	C	\$2153.95	
L2925/75R16 BSL	C	\$2165.95	
L2935/75R16 BSL	C	\$2177.95	
L2945/75R16 BSL	C	\$2189.95	
L2955/75R16 BSL	C	\$2201.95	
L2965/75R16 BSL	C	\$2213.95	
L2975/75R16 BSL	C	\$2225.95	
L2985/75R16 BSL	C	\$2237.95	
L2995/75R16 BSL	C	\$2249.95	
L3005/75R16 BSL	C	\$2261.95	
L3015/75R16 BSL	C	\$2273.95	

Museum's doors open Nov. 1

The existing Cahokia Mounds Museum will close its doors as of Wednesday, Oct. 12, but that isn't bad news.

A new multi-million museum/interpretive center will be open to the public 20 days later, on Nov. 1.

The new facility, located south of Cahokia, will be completed in the next few days said Margaret Brown, site superintendent. At that time, employees

and staff of the Cahokia Mounds Museum Society's Museum Shop will be moving into the new quarters.

Permanent exhibits for the new museum won't be completed until July 1989, Dr. Brown said, but there will be temporary displays in a lobby area of the new museum and a slide show in the auditorium until then.

The parking area at the old museum is being closed perma-

nently to allow a more attractive and authentic view of Monks Mound, Brown said. A parking lot east of Monks Mound has been constructed for those visiting the mound and the stockade.

Brown said she is sorry for any inconvenience the closings may cause. "But we will soon be able to serve you better in our beautiful new facility," she said.

School board conference set

Area school board members and superintendents will meet at Belleville Township High School West on Wednesday night, Oct. 12.

The semi-annual conference dinner meeting for member districts of the Western Division of the Illinois Association of School Boards (IASB) begins with an open house at 5 p.m. and dinner at 6.

Following an association report by Harold P. Seaman, executive director, IASB, there will be a keynote address by

Barbara M. Wheeler, president, IASB, and member of the Down-Grove Board. Barbara Wheeler will outline IASB's purpose, organizational philosophy, and action plans.

IASB is a voluntary service organization of about 900 Illinois school boards. Its offices are in Lombard and Springfield.

The Southwestern Division includes the counties of Jersey, Madison, Monroe, Randolph and St. Clair.

New trial ordered in abduction, rape

A new trial in the case of a kidnapping and sexual assault of a Collinsville woman may be held within two months following an Illinois Supreme Court ruling last week.

The court ruled that the three St. Louis men convicted of the crimes in 1984 were discriminated against because blacks were excluded from the jury solely because of their race.

St. Clair County State's Attorney John Barieiev had planned Sept. 26 to retry the case. A new trial for defendants Rodney Burt, 27, Mark Hicks, 28, and Robert McDonald, 32, could be as late as November or December, he said.

The three men are black. The victim, 19 at the time of the incident in October 1983, is white.

The woman was abducted from a bus parking lot taken to East St. Louis and assaulted.

"The (U.S.) Supreme Court changed the standards on us," Barieiev said. At the time the Collinsville case was tried, a defense attorney had tried to show a systematic exclusion of blacks in order to win an appeal.

In 1986 the U.S. Supreme Court decided it was not necessary to prove a pattern of discrimination but only that it occurred in the defendant's case.

"We fulfilled all those (existing) standards," Barieiev said.

"We did everything absolutely appropriate with the case."

Sheen blacks were kept off the jury when the prosecutor used automatic exclusions and a 17th black was excluded for a specified cause, according to Rita Peterson, an attorney

appointed to represent McDonald and Burt on their appeal.

"I thought this was a clear case (of discrimination)," Peterson said. Attorneys representing the defendants at the trial had raised the issue of discrimination in making the successful appeal possible, she said.

Howard Eisenberg, a professor at the Southern Illinois University at Carbondale law school who was not part of the Hicks on the jury, described the level of discrimination in selecting the jury as extreme.

Eisenberg said the prosecutor on the appeal said he was unable to determine whether a prospective juror was black.

"My office has not categorically discriminated against black defendants," Barieiev said. "Last week we had nine blacks on juries, and the black jurors had been excluded from the jury."

The retrial is not a surprise. Barieiev expected it when a hearing on the question was held in St. Clair County in June. The Illinois Supreme Court had asked for the hearing before issuing its ruling.

"My frustration is that this has taken so long," Eisenberg said.

Two of the justices said last year that there was no need for the hearing and that the Supreme Court should have issued an order at that time for a new trial, he said.

School news welcomed

Send information and photos about school events at the elementary, middle and high school levels to: Paul Gugina, Granite City Press-Record/Journal, 1815 Delmar Ave., Granite City, IL, 62040.

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Bi-State lift-equipped buses on view Oct. 17

Disabled people can test the Bi-State Development Agency's new lift-equipped buses and vans at area shopping centers the week beginning Oct. 17, a Bi-State official said.

"In addition, staffers of the bus company will be available to suggest travel routes for disabled persons who are dependent on public transportation."

The buses and vans will be on view from 10 a.m. to 2 p.m. at:

• St. Clair Square Shopping Center (by the water tower) Oct. 17.

• St. Louis Union Station (south end of the rear parking lot) on Oct. 18.

• Crestwood Plaza (west of the main entrance) on Oct. 19.

• Northwest Plaza (near the intersection of Almenberg Boulevard and Old St. Charles Rock Road) on Oct. 20.

• Alton Square (southwest lower parking lot) on Oct. 21.

Crime control stressed

Emphasizing that citizens and law enforcement agencies work together to preventively prevent crime, Gov. James R. Thompson has proclaimed October as Crime Prevention Month in Illinois, in conjunction with the national observance.

"I urge all citizens, law enforcement personnel, businesses, media, civic groups and public officials to make crime prevention the business and to join with McGruff in commemorating this month," he said.

J. David Coldren, executive director of the Illinois Criminal Justice Information Authority, said the state's theme for the month is "Crime Prevention: It's Worth Your Time."

"Why are we telling people it is worth their time? Because it is, quite simply, crime prevention works," Coldren said.

"Each year the Authority conducts training and participates in other crime prevention events. Each year we hear new stories about how local efforts are making a difference," he said.

"Success stories come from Champaign, where residential burglaries are down by one-third in the first part of this year. From Naperville, where burglaries from garages are down more than 50 percent over the last six years. From Edwardsville,

where people are successfully deterring thefts by marking their possessions."

"In these and other examples, local officials are attributing reductions in crime to organized prevention programs in which the police and the community work together," Coldren added.

In Illinois, 46 law enforcement agencies currently participate in the Authority's statewide crime prevention campaign, which features McGruff, the public police character who urges Americans to "take a bite out of crime."

Each of these agencies has received a kit with ideas for local programs and events during the month and throughout the year.

As part of its ongoing campaign, the Authority this year will publish and distribute five million pieces of crime prevention information. It will also answer more than 2,500 requests for information and referrals on its toll-free phone number, 1-800-4-MCGRUFF.

"There are three elements to any crime: desire on the part of the criminal to commit the crime, and the opportunity to do so," Coldren said. "While we may not be able to change a criminal's desire or his ability, we can certainly reduce the opportunities for crime."

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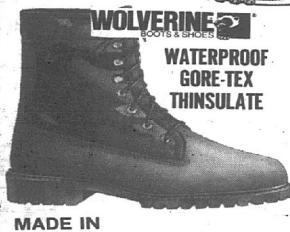
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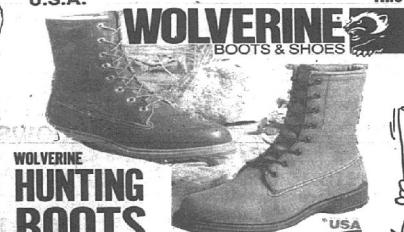
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October 12, 1988—GRANITE CITY JOURNAL



MEN OF THE COURT: These Granite City High School guys complete this year's homecoming court. From left to right are Scott Swanson, Richard Harmon, Wayne Waldman, Kory Burton, Brian Bjorkman, Scott Stone and James Hawkins.

Reading program by Niedringhaus pupils

In the Granite City Public Library "Devour a Book" program, 26 pupils from Niedringhaus Elementary School took part.

Participants were Breann Chastain, Frances Christiansen, Ted Christiansen, Andy Gline, Mike Cline, Laura Davis, Marla Hall, Erik Kambarian, Melanie Loehr, Mike Loehr.

Jennifer Merz, Cara Nighosian, Jason Peters, Jeff Rains, David Reynolds, Jamie Reynolds, Barbara Bethel, Debbie Senn, Erin Signal, Jane Signal, Sarah Signal, Megan Suess, Nick Thomas, Erica Tindall, Jamie Towery and Emily Vaughn.

In the reading program, 243 local students "devoured" 3,793 books.

Business seminar for entrepreneurs scheduled Oct. 22

The U.S. Small Business Administration is co-sponsoring with the Small Business Development Center of Southern Illinois University at Edwardsville, will sponsor a Young Entrepreneur Seminar from 8:30 a.m. to 3:30 p.m. Saturday, Oct. 22.

The seminar, one of several across the country to be conducted at universities, 15 in Illinois, will introduce young would-be businessmen to the process, issues and factors to

be considered in developing and operating a small business.

Cost of the SIUE seminar, to be conducted in the Illinois Room of the University Center, is \$15, including lunch.

According to James N. Thomson, an SBA representative for Illinois and five other states, the seminar will feature discussions with local business owners, lending institution representatives, faculty members and representatives of the legal profession.

LADIES IN WAITING: These Granite City High School girls represent half of this year's homecoming court. From left to right are Julie Hellrich, Lisbeth Lyons, Amy Aud, Julie Donley, Cynthia Coakley, Elizabeth Adams and Julie Cox.

Madison seeks asbestos deferral

By Nicole Vaughn
Staff writer

MADISON — With an Oct. 12 deadline nearing, the District 12 school board is seeking an extension on its asbestos management plan with the Illinois Department of Public Health.

The extension was suggested by the contractor, Larren Labs, which has similarly advised other clients. Of 100 asbestos programs submitted to the state, one has been accepted, Madison Superintendent Dan Kostencki said.

"We have been promised a

management plan by May 9, 1989, but we've been assured that one will come much sooner," Kostencki said.

Asbestos once was used extensively in construction of buildings. It later was identified as a health hazard and has been removed from many schools.

The agency will be represented by the contractor, Larren Labs, which has similarly advised other clients. Of 100 asbestos programs submitted to the state, one has been accepted, Madison Superintendent Dan Kostencki said.

"We have been promised a

management plan by May 9, 1989, but we've been assured that one will come much sooner," Kostencki said.

The new coverage will be on a three-year policy. Other nearby members of the pool include the Collinsville and Bethalto school districts.

On another board vote, Harold Briggs Jr. was named the assistant soccer coach and Johnna Ward was hired as assistant volleyball coach.

Briggs, currently head coach of the Madison High School girls track team, had previously resigned as head soccer coach to provide time to continue his education.

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Armstrong

Metro East could be key to Bush-Dukakis results

By Edward T. Hearn
P-R/W Washington bureau

WASHINGTON — Vice President George Bush and Gov. Michael Dukakis are in their final month of the presidential campaign locked in a race too close to call in Illinois, according to recent polls.

Officials in both camps say the Democratic race is about it. The Metro East area could determine the state's winner on election day.

"In St. Clair County, we feel we need to compete with 40 to 45 percent of the vote," said Jim Murnane, chairman of Illinois Bush-Quayle.

With 24 electoral votes, Illinois

looks as a crucial prize in the hunt for the 270 electoral votes needed to win the presidency.

Polls showing a dead heat will inspire both Bush and Dukakis to spend more time and energy in the state as Nov. 8 approaches, campaign officials say.

"We know that the election is going to be very, very close," said Judy Erwin, communications director of the Illinois Democratic committee. "We have personally placed a bet that we would win by 10,000 votes. I certainly hope we win by a bigger margin."

Dukakis, the Massachusetts governor, "is trying to become the first Democratic presidential

candidate to win Illinois since Lyndon Johnson trounced GOP candidate Barry Goldwater with 59 percent of the state vote 24 years ago.

Bush is running hard, citing the Reagan Administration record of the last eight years in Illinois. He has been the most incumbent vice president to be elected president since Martin Van Buren in 1836.

Erwin said a survey by Democratic pollster Peter Hart showed Bush holding a narrow lead as recent as two weeks ago, but she added that a Gallup poll the following week showed Bush in the lead, out by a small margin.

"All of which points to the fact that it's going to be a dead heat," Erwin said, recalling the 1968 nail-biter in which John Kennedy squeaked out a victory over Richard Nixon by about 3,500 votes amid charges of ballot stuffing in Cook County.

"It's been close all along," Murnane said. "We have closed the gap considerably from where it was earlier in the summer when Gov. Dukakis held a wide-spread lead." He said Bush has gained by 10 to 15 points.

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Education questions to be answered

During National Higher Education Week, Oct. 9-15, the Council for Advancement and Support of Education (CASE) is sponsoring two toll-free hot lines for students, parents, teachers and others.

Hot-line callers will receive

answers to questions regarding college admissions and financial aid. The hotline numbers are 800-255-5463 for admission questions and 800-422-6722 for financial aid questions.

Hours of operation are 8 a.m. to 8 p.m. Tuesday, Wednesday

and Thursday, Oct. 11-13.

Admissions and financial aid experts from colleges and universities nationwide and representatives of higher education associations will staff the telephone lines.

Aging topic of SIUE's Gerontology Colloquia

The public is invited to attend sessions of the Gerontology Colloquia Series being offered this fall at the University of Southern Illinois at Edwardsville. The series is sponsored by the Gerontology Program at the university.

At each session of the colloquia, distinguished professionals will discuss the study of aging and the aged from the perspective of his/her scholarly discipline and personal experience.

The sessions, scheduled Wednesdays at 6:30-9 p.m. in the International Room in the University Center, include the following presentations:

Oct. 12, Joan Hashimi, professor of geriatric medicine and economics at SIUE, "An Economist's Perspective on Medical Care for the Aged."

Oct. 19, Joyce Aschenbrenner, professor and chairman of the anthropology department at SIUE, "Anthropology and Aging."

Oct. 26, Dr. Michael Frederick, assistant director of the SIUE Belleville Family Practice Residency, Belleville, Southern Illinois, and the Calvary Dementia Nursing Home in Belleville, "A Physician's Perspective on Medical Care for the Aged."

Nov. 2, Paul Sultan, professor of finance and economics at SIUE, "An Economist's Perspective on Aging."

Nov. 9, John Gilbert, legal counsel in the Office of the General Counsel at SIUE, "An Attorney's Perspective of Legal

Aging."

Nov. 16, Doris Bell, professor of nursing at SIUE, "Mental Health of Older Persons."

Nov. 30, Dr. Neville Gilmore, professor and chairman of the department of community dentistry and human behavior at SIUE, "A Dentist's Perspective on Aging."

Dec. 7 and Dec. 14, Gerontology Program students at SIUE, "Multi-disciplinary Perspectives on Aging."

Admission for the programs is free. Additional information on the colloquia may be obtained by contacting the SIUE Gerontology Program at 692-3454.

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Health care

Shedding pounds for good

By James Early, M.D.

Dr. Early is a specialist in internal medicine and a member of the Illinois State Medical Society. He is also a clinical instructor at the University of Illinois in Peoria and president of Health Systems of Central Illinois, a preventive health organization. He serves on the staffs of Methodist Medical Center and Proctor Community Hospital in Peoria.

William "Refrigerator" Perry's weight travails have become a familiar preseason refrain for Chicago Bears football fans.

But this year the Fridge entered a supervised-eating disorders program to help him shed those extra pounds. Dieting is what he is learning as much as he is dieting. As with any of us, it will be the key to long-lasting success.

The Fridge isn't alone in his efforts to lose weight. Dieting is one of our country's major pastimes; yet we are still a nation of overweight people. Why?

The answer is that we need to change our approach to losing weight. We need to re-educate ourselves about food, exercise and nutrition, and focus more on long-term management of our lifestyles.

In a good, healthy diet program, the best thing about losing pounds is that it gives the confidence and encouragement to go on to become a better student of the healthy eating, exercise and lifestyle habits that will bring long-term success.

age ourselves in a day to day lifestyle that will allow us to maintain the weight we choose.

A successful diet loss program is proving to be your best bet for success. Only in such a setting will you have the resources for re-educating yourself and support for searching our new patterns for living.

Ask your doctor to recommend one of the many supervised-eating programs. A good program will offer a free orientation session; attend and see if the program philosophy and approach meshes with your personality and goals.

Beware of programs that sound too good to be true. They probably are. The ones that are see advertised on the back of tabloids are ones that cannot be delivered. Getting in shape is a long-term project and it takes time and effort.

The key to success is to focus on learning new behaviors. If we have difficulty maintaining a healthy weight, we need to make nutrition and exercise an avoca-

tion. Learning what is good for our bodies takes time and concentration — every day. But we don't want it to become an obsession — that can be self-defeating.

A successful program will give us the knowledge, understanding and confidence we need to man-

age ourselves in a day to day lifestyle that will allow us to maintain the weight we choose.

• A long-term approach. A program should focus on teaching skills and habits that you can continue to use for the rest of your life.

• Individualized attention. The best programs offer group education and then individualized education through one-on-one sessions. The dietary counselor or behaviorist can help you.

The counselor can help you confront the habits defeating you, and help you find reasonable, "do-able" new habits. He or she should be able to help you pinpoint minor changes (like switching from sugar in your coffee to saccharin) and major changes (like switching from fried foods to baked or broiled entrees) that will set you on the road to success.

He or she also can adjust the program to fit your current needs — and help you to balance your metabolic checkbook with "caloric activity" and "decreased dietary intake."

• Complete education. If healthy eating is difficult for us, we need to attain almost a nutritionist's level of understanding of food values. Then we can make educated decisions about what we eat, taking into consideration how it fits into our total nutritional picture.

• Physical activity. Being active is as important as changing what we eat if we want to shape up. The program should help you find a "do-able" exercise regimen that you can incorporate into your schedule and keep up. For one person, that may be walking two miles a day; for someone else it might be running 20 miles a week.

By increasing your physical activity and maintaining that activity, you will make a major contribution to those changes it will take to keep you slimmer and more healthy.

No matter what program you choose, keep in mind that the goal is to develop a healthier lifestyle — for good. And don't be surprised if you finally lose those pounds in the process.

Diet skin patches explained

By Neil F. Hartigan

Illinois attorney general

There are several over-the-counter skin patches on the market that claim to help persons lose weight safely, easily and effectively.

The Food and Drug Administration has not approved or endorsed any of these preparations. According to FDA, no evidence as yet been presented that any such diet skin patch is safe

and effective.

Last June, the FDA seized millions of dollars worth of non-approved diet patches that were being illegally marketed by one distributor. FDA points out that these patches are not like approved prescription "transdermal patches" that administer certain drugs through the skin for medical conditions, such as heart disease and motion sickness.

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More than a million American teenage girls become pregnant each year. This problem is

having a profound effect not only on the futures of these young girls—but on their babies' futures as well. One consequence of these young pregnancies is serious health problems among the infants born to these teenagers. If you

or someone you know has been touched by this problem, remember that United Way is there to help. United Way

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THIS SPACIOUS KITCHEN SUITE, an expanded multipurpose kitchen, captures the flavor of Santa Fe, N.M. The kitchen suite has a cooking area, a lounging area and a dining area in an alcove.

Show the way to Santa Fe with multipurpose kitchen

Santa Fe, N.M., is a city of enchantment. Go there and you are likely to become captivated by its rich native American and Spanish heritage, its distinctive adobe architecture and the way homes seem to melt against the serenely beautiful desert landscape. It is no wonder some visitors choose to relocate there.

While that is not an option for most people, it is possible, even for those who have never visited the city, to bring some of its beauty home.

Through an extensive remodeling, interior designer at Armstrong, a floor covering and home furnishings company, have shown how. They took a small kitchen, dining room and den knocked out a few walls and created a spacious "multipurpose suite" (an expanded multipurpose kitchen) whose decor evokes the flavor of the Southwest. The kitchen suite has a

cooking area, a lounging area and a dining area in an alcove.

To unify this large area, the designers used the same colors and materials throughout. For example, all the walls have broad-striped stucco (it comes in can), painted bone white. The dining alcove is painted Desert Glow, the color of a sunset.

Bleached wood-grain planks add interest to the ceiling. Available at building supply stores and home centers, the planks, manufactured from wood fibers, are impregnated and easy to install. Also adding architectural interest overhead are wooden ceiling beams made by nailing together one-by-sixes. The beams are purely decorative, not structural.

Another unifying material is the Designer Solarian II no-wax flooring used throughout the entire space. It is white like the walls but features subtle Twi-

light Blue accents in geometric designs. The geometric no-wax flooring makes it an ideal choice for an expanded kitchen.

The focal point of the suite is a free-form hearth dividing the kitchen from the sitting area. Craftsmen built the hearth by covering a standard firebox and flue with wire mesh which they then coated with a heavy layer of real stucco.

Overall the suite has a light, open, airy quality. The only dark surfaces are the black smoked-glass fronts of the kitchen appliances and the slate slabs that serve as counter tops.

Packed soil needs to 'breathe'

Mechanical aeration provides an excellent, and probably the only, means of correcting or alleviating soil compaction, which can be quite serious for lawns, says John Whelan, University of Missouri Extension horticulture specialist.

Compaction occurs primarily in the lawn surface area. A compacted layer as thin as one-quarter to one-half inch thick can greatly reduce water infiltration, fertilizer penetration and the gaseous exchange between the soil and the atmosphere, Whelan

said. Compaction of this type can be alleviated by using aeration equipment, he adds.

Aerating machines remove plugs of soil from the lawn, creating an artificial system of pores through which moisture, gases and plant nutrients can be taken into the soil.

Spring and early fall are the best times to aerate. Summer aeration of cool-season grasses, such as bluegrass, fescue and ryegrass, is usually not recommended because these grasses are in a semidormant condition.

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Less definitely best when cruise packing

By Deborah Reinhardt
Staff affiliate

You have seen those bumper stickers that say "I'd rather be [fill in your favorite activity]!" Ever notice that packing never is a favorite activity?

So much for my Andy Rooney impersonation. But as many solo sojourners, we know that packing for a vacation is a tedious chore most of us postpone until minutes before our plane or train departs.

I guess we procrastinate in this way because we know we will have to unpack and repack almost every day as we hop from hotel to hotel.

But cruisers do not worry about this. On a cruise, you pack once and packing for the trip can be tricky, so here are a couple of ideas.

*Know your ports. Some cruises will visit different cities, so you may have to pack for several destinations. To pare, check with a travel agent or get a good, all-purpose travel book, like the "Pan-American World Guide," which includes average temperatures and rainfall for each month.

*Some cruises are more casual than others. The Caribbean, popular year-round, is less formal than a trans-Atlantic crossing, which naturally attracts the high society crowd. Some cruise lines and ships also dictate particular protocol when it comes to dress.

Formal cruise lines include Seabourn, a new line whose members are from the Royal Viking Line, Royal Cruise Line and Princess Cruises. This means dinner dress is tuxedos

for men, long gowns or cocktail dresses for women. This also means that a traditionally older crowd goes aboard.

Carnival, Royal Caribbean and Princess cruise lines are less formal, so men's dress are sportswear or sport coats for men, dresses, skirts or good slacks for women. These lines also are popular with young people.

Some lines, like Cunard, have strict dress differences in "uniforms." The line Queen Elizabeth II always has been elegant; while the Princess and Countess attract passengers who are less concerned with what to wear to dinner.

Whatever line, there undoubtedly will be at least one gala evening—the captain's welcome aboard dinner, usually the second night at sea. Sometimes the farewell dinner also is lavish, so folks usually like to dress up.

*Be a clever packer. Only

incredibly vain people wear a different outfit every day in port or at sea, so pack light. To

bring clothes you can mix and match. And the ship will have laundry service so a shirt blouse or dress can be washed and pressed.

Probably will have limited room in which to store luggage. Use this as a rule; if the bag will not fit under a twin bed, don't bring it on the cruise. Remember, the majority of cruise cabin are approximately the size of a small bedroom.

*Make a list of things to pack and then check the items off after they are in the suitcase. You may want to call the cruise line to see if toiletries (shampoo, conditioner, lotion, shaving cream) are provided. If not,

bring sample-size bottles. And look in the cruise brochure to see if electrical converters are needed for hair dryers and other traveling appliances. Some ships with foreign registry have 110-volt outlets. Do not rely on the ship's purser to have a converter.

*Even in friendly foreign ports where handling thousands of tourists each day is mere routine, like the Caribbean or Bahamas, you should carry proof of U.S. citizenship. If you have a passport, swell. If not, a voter's registration card or copy of a birth certificate will do.

*It always makes sense to get traveler checks for vacation. If you are an individual who believes cashing the checks is a strain, know that the purser is only too happy to cash your checks on the ship. That way, you have some cash to take into port. Most cities will accept checks.

*There are some travelers who feel naked unless they have a camera over their shoulder and a travel guide tucked under their arm. Don't go alone. Usually, the cruise director will give lectures about each port: where to shop, eat and sights to see. Popular cruise stops, like Bermuda and the Virgin Islands, usually have free brochures inside the cruise terminal.

*When packing for your cruise, try to remember that less is best.

Readers with questions or comments can write to: Deborah Reinhardt, Travel editor, St. Louis News Service, 1215 Fern Ridge Parkway, suite 108, St. Louis, Mo. 63141.

New Crown Odyssey gives voyageurs royal treatment

By Jeannie Block
Staff affiliate

The cruise line to first bring male hosts on board to dance with unescorted women passengers and to include American cuisine in its menu has come up with another impressive introduction.

More than 900 Americans converge on London early last month to be the first to cross the Atlantic on Royal Caribbean's new Crown Odyssey. They jetted to London on British Airways 747s, which regularly fly Royal's passengers there from 17 countries, and then headed for Scandinavia and Russia. This was a special cruise package: two days in London and an eight-day crossing to New York.

The \$178-million ship would have drawn raves from the likes of the Vanderbilts who sailed across the Atlantic in the lap of luxury on venerable liners of yore. Crown Odyssey is state-of-the-art and doesn't fall short of the posh standards expected by the old cream of high society.

Striking interiors combine art deco and contemporary touches, with marble and lovely muted colors. There is a wealth of art gracing cabins and public areas.

*At 40,000 gross tons and 10 decks, Crown Odyssey is spacious. It accommodates only 1,050 passengers in 18 cabin categories. The best cabins are outstanding and more in keeping

with a high-class hotel rather than a ship. There is no television in most staterooms, but a shown daily in a two-deck high, large-screen theater.

The crowd on board was typical of Royal's passengers: older but active. They saw celebrity shows, the showboat Odyssey Show Lounge, danced in the popular Yacht Club, sat with friends in the elegant Monte Carlo Court and piano bar, and gamed at blackjack and roulette tables and slot machines in the adjacent casino.

A professional therapist led them in exercises, and they used the pool, whirlpool and exercise room in a bright indoor spa reminiscent of a five-star hotel. There were enrichment lectures and dance classes, among many other activities. Card players enjoyed their own quiet haven on Lido Deck.

The ship's most dramatic feature is its top-deck lounge, "Top of the Crown." Its all-glass wall offers an exciting 360-degree gull's eye view. Many went to the lounge to read or relax with a pre-dinner drink. At mid-mission the quiet mood changed on Lido Deck.

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Crown Odyssey in 1989 will be sailing various itineraries, trans-scandinavia, South America, Hawaii, the Pacific, transatlantic, the Mediterranean and northern Europe. Average daily double-occupancy rates range between less than \$200 to about \$500. Those who want more information may call their travel agent or Royal Cruise Line, One Maritime Plaza, San Francisco, Calif. 94111.

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Missouri guide plans vacations

The Missouri travel guide is available from the Missouri Division of Tourism.

The 128-page guide has a new section on Missouri's summer fair, including the Missouri State Fair. Information on lakes, campgrounds, caves, historic sites and rivers also is

included. Other leisure activities such as golf, festivals and wineries are highlighted.

For a copy of the travel guide, write: Missouri Division of Tourism, Dept. NRB, P.O. Box 1055, Jefferson City, Mo. 65102.

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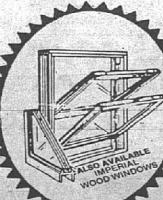
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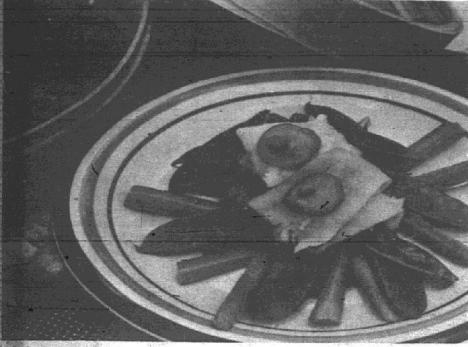


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STEAMING lets colors and flavors glow in low-fat style.

Steaming simple cooking method intensifies colors

Steaming is one of the oldest methods of cooking. Inventive cooks have shown again and again that practically any kind of food can be steamed successfully.

It is a cooking method the American Institute for Cancer Research recommends for the many nutritional advantages it can bring to cooking. It offers other benefits as well. For example:

• It's simple. Anyone who can boil water is halfway there.

• It's nutritious. Foods cooked with steam retain nearly all their vitamins and minerals.

• It's economical. Low-cost foods hold their color during the steaming process. Some even brighten with steam cooking.

• It's clean. There are never any pots to soak or caked and burned foods to scrub.

There is a variety of cooking equipment available for steaming, from multi-rack aluminum units to the smaller, the more common, small, foldable metal steamers. Even a metal colander set in a large pan works well. Whatever is used, just make sure that the pot has a tight-fitting lid and that the food is held out of the cooking water.

The key to successful steam cuisine is not to overcook foods. Vegetables should be crisp, not limp, and fish and poultry moist, not dry. Periodic probing with a fork, or slicing into meats is the best test.

Steamed Sole with Orange-Soy dressing is both nutritious and quick to prepare. The vegetables can be prepared and the fish rolled ahead of time to make last-minute preparation time even shorter.

Steamed sole with orange-soy dressing

3 or 4 small carrots, cut in 2½-3 inch sticks
1 lb. fresh peas
Dash white pepper
1 lb. fresh sole (flounder) fillets
thin slices plus 1 tsp. minced fresh ginger
4 scallions, cut in half crosswise
1 tsp. lemon juice or other oil
Zest of 1 orange, cut in fine shreds
1 tsp. minced garlic
2½ tbsp. soy sauce

Place steam basket in pan with one inch water. Place carrots in steam basket with snow peas. Sprinkle with pepper.

Starting at narrow tail end, roll up each fillet loosely and arrange on top of vegetables. Place ginger slices and scallions on top of fish. Cover. Steam 8 minutes, until fish is just opaque throughout.

Make sauce by warming oil in small skillet over medium heat. Add orange zest, cooking until it begins to curl, about 30 seconds more. Add garlic and minced ginger. Cook another 30 to 60 seconds.

Add soy sauce and 3 tablespoons water. Bring just to boil, then remove from heat.

Pour sauce over fish and vegetables to serve.

Makes 4 servings, 153 calories and 2 gm. fat each.

Registered dietitian Karen Colins reviews this material for the American Institute for Cancer Research, Washington, D.C.

Stay at home to savor flavor of exotic food

"Exotic" is an adjective often used in appraising foods from the Middle East. The evaluation of health experts probably would be "nutritious."

While Middle Eastern foods, like kebabs and region hold some dietary pitfalls, the cuisine of nations on the Eastern shores of the Mediterranean, for the most part, is based on foods that are good sources of nutrients.

Many of the menu ideas of this area fit well into the Dietary Guidelines to Lower Cancer Risk recommended by the American Institute for Cancer Research. This is a regimen that many legumes are widely used. Bulgur (cracked wheat) often is used when Americans might use rice. It offers a nutritional advantage, however, because it is high in protein. Hummus, a tasty chick-pea mixture of the region, often served on whole-wheat pita bread, but usually high in fat content.

Melons and other fruits are popular desserts. Citrus fruit juices, particularly lime, impart flavoring, as well as vitamin C, to meat and vegetable dishes. Seasoned mixtures of meat, fruits, nuts and rice are served often in Mediterranean countries, such as squash, eggplant and tomato, or wrapped in grape leaves.

Low-fat cooking methods of steaming and grilling, such as well known as fish kabobs, are well known in this region. Aromatic blends of herbs and spices, including coriander, saffron, ginger, thyme, bay, cinnamon and cardamom, give Middle Eastern dishes distinctive flavor.

A slightly different twist on a main dish chicken salad, the following recipe has touches borrowed from Middle Eastern cooking, including the use of bulgur and citrus fruit juices.

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RALPH CHAPMAN KEEPS alive the tradition of his forebear, Johnny Appleseed. He shares his great-great-uncle's joy in spreading the seeds of not only apples, but also those of kindness, throughout the country.

Legend of Johnny Appleseed sprouts with Ralph Chapman

By Janice Denham
Food editor

Ralph Chapman's great-uncle proved in the late 1700s what medical science is just now proving today: "An apple a day keeps the doctor away." John Chapman, better known as Johnny Appleseed, traveled for miles in his lifetime, sharing the beginnings of orchards with rich and poor, and in so doing, planted not only the trees but seeds on the germs of kindness, creativity and hope in an unsettled land.

Yes, the modern-day Chapman is a man who has kept the legend of erosion in Michigan where he is principal of Windemere View Elementary School in Lansing. The apple spirit was left to him for many years and the familial connections are slow to emerge.

"We found out about it a long time ago when my father was operating an apple orchard," Chapman said. "I am a collector. I was just a slab of a boy and am 60 now. About four years ago my RIF (Reading Is Fundamental) leader asked for an apple protection project."

"I agreed to do something like that. We got some nice media coverage and the Michigan Apple Committee heard about it and became involved. I have had a lot of fun with it."

Now he gives presentations throughout Michigan at schools and in orchards, tells stories like John Chapman did at apple festivals and judges the best apple pies and other desserts that bakers can produce.

"I talk about how he planted apple seeds and talk about how the kids can plant the seeds of kindness," he said. "John Chapman was a rich man at times of his life, making his fortune with apples, but he always gave it all away."

He gave the seeds to new farmers in the region along with the story of Johnny Appleseed for spiritual needs. If the person could pay, he would. Otherwise, Chapman gave away the seeds for free. He tried to return to the orchards he established to see how they and their tenders were doing.

"He planted literally thousands of trees, primarily around Ohio and Indiana, that covered

literally hundreds of acres of apple orchards. He gave away packets of seeds, as few as two of them at a time," said Chapman.

People need to know how apples grow, too, just like in the days when he walked with a pack on his back, through the Ohio Valley east to Pennsylvania and back north into the Great Lakes region.

"It's surprising how many kids don't know what an apple seed looks like. They just take it and grow it. Sometimes I bring a bag of apple seeds and an apple seed picking contest. It's timed for three minutes to see how many seeds they can pick out, like John Chapman did. Afterwards, adults come up and want to touch it, too, to see what it feels like."

He and his wife are trying to document more of the legendary Chapman family history, but they are stumped. It is possible because they don't know his "apple grandfather's" first name, although they have visited the graves of Chapman in eastern Pennsylvania.

While he did not spend his life planting apple trees, Ralph Chapman vividly remembers his first encounters with the aroma of his mother's warm apple pies for her, husband and eight children. His mother used to give them "any way I can get them," including straight from the tree. He dearly loves being asked to judge apple-baking contests, too, and appreciates the products that are crumbly with apple flavor, and apple pie with a double crust.

The three apple trees on his property, that someone else planted, usually are abundant, were harvested by the group this year and produced a total of about 10 apples. Orchards near him are down in production about one-third, with one-fourth being the average overall reduction throughout the state. Michigan usually produces half the nation's crop of Jonathan apples.

One of last year's delicious

entries in a state contest was for Spicy Apple-Scotch Cookies, for which tart McIntosh apples are recommended.

Spicy apple-Scotch cookies

1/2 cup shortening
1 1/2 cups packed brown sugar
1 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 cup peeled, grated apples
1 cup chopped walnuts
1 egg
2/3 cup flour
2/3 tsp. salt
1/2 tsp. cloves
1 cup raisins
1/2 cup apple juice

Cream shortening, sugar and egg in large bowl.

Sift together baking soda, flour, salt, cinnamon, cloves and nutmeg. Add to creamed mixture, stirring well.

Add apples, raisins, apple juice and walnuts. Mix thoroughly.

Drop by teaspoonful on greased cookie sheet about 2 inches apart. Bake at 350° for 12 minutes, or until lightly browned.

Remove from cookie sheet. Cool. Spread with icing.

Icing: Combine 1/4 cup butter with 1 cup powdered sugar in a stick saucers. Cook over medium heat until sugar dissolves. Add 1 1/2 cups confectioner's sugar and 3 tablespoons evaporated milk (more if too thick) after stirring from heat. Beat until smooth.

Makes 3 1/2 dozen cookies.

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Grilled chicken with apple barbecue sauce

2 (2½ to 3 lb. each) chickens, cut in pieces
2 large apples, finely chopped
1 cup finely chopped onion
1 clove garlic, minced
2 tbsp. oil
1 can (14½ to 16 oz.) tomato sauce
2 tbsp. white vinegar
2 tbsp. brown sugar, packed
2 tbsp. Worcestershire sauce
½ tsp. pepper

In large heavy saute pan, saute apple, onion and garlic in oil over medium-high heat until soft, about 5 minutes.

Add tomato sauce, vinegar, brown sugar, Worcestershire and pepper. Reduce heat. Simmer, stirring occasionally, until slightly thickened, 25 to 40 minutes.

Yield: about 4½ cups. Recipe can be halved. Sauce can be made ahead and refrigerated. Reheat before using.

Place chicken pieces on oiled grill 4 to 6 inches above medium-hot coals, turning occasionally, 15 minutes.

Brush or spoon on Fresh Apple Barbecue Sauce. Continue to cook, baste, turning occasionally, until thigh meat is no longer pink, about 15 minutes. Serve remaining sauce on side.

Serves about 8. Pork chops can be substituted for chicken.

Apricot cream coffee

3 cups cold milk
½ cup cold apricot nectar
1 tbsp. instant coffee
½ cup cold cream
1 qt. coffee ice cream, softened

Blend 1½ cups milk, apricot nectar, instant coffee, almond extract and 1 pint coffee ice cream in blender or with rotary beater. Combine with remaining milk. Pour into glasses. Top with scoop of cold cream.

Serve immediately. Yields 6½ cups.

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Deli meats better with home-baked breads

Close your eyes. Imagine the tantalizing aroma of freshly baked breads.

Those days are not forgotten. In fact, to relieve a bit of the days gone by, many on-the-go types today, from all day spending a week's afternoon in the kitchen baking homemade breads for sandwiching today's great-tasting, versatile deli meats.

You America loves deli-style sandwiches. According to a recent survey, "Sandwiches Across America," by the National Live Stock and Meat Board, more than one-third of the country serves up deli meat sandwiches two to three times a week. While there are many prepared breads for building tasty sandwiches, there are few pleasures quite as satisfying as baking them from scratch.

Not only are the results incomparably fresher than most purchased varieties, but they come from one of cooking's oldest and most creative rituals. Today, making sandwich-perfect bread is easier and faster than ever before. Quick-rising yeast saves up to 50 percent of the dough's rising time.

Here are some sandwich matchups that are irresistible.

•Enlivens a sandwich of ham with fresh, juicy pineapple slices, a dab of mustard and fresh cilantro sprigs. Sandwich the entire trio between a halved whole-wheat roll.

•Layer corned beef atop thinly sliced savory or regular cabbage and the bottom half of an onion roll, then lavish with a light dollop of plain low-fat yogurt studed with chopped chives and caraway seed before topping off with the remaining roll half.

•Wrap prosciutto or ham slices around fresh ripe pear, apple or nectarine wedges. Team these wrap-ups with thin slices of Cracked Pepper 'N Cheese Loaf or Honey Mustard Bread.

•Pepp up a typical bacon, lettuce and tomato sandwich with slices of Cracked Pepper 'N Cheese Loaf and a colorful assortment of greens such as sorrel, spinach and radicchio.

cheddar cheese
2 tbsp. sugar
1 tbsp. butter or margarine,
softened
1 tsp. salt
1 tsp. coarsely ground black
pepper
4 to 4½ cups flour
1 egg at room temperature
1 egg white, lightly beaten
Coarsely ground black pepper, if
desired

Divide dough in half. Shape each half into loaf. Place in 2 greased 9×5×3 in. loaf pans. Cover. Let rise in warm, draft-free place until doubled in size, about 30 minutes.

Brush loaves with egg white. If desired, sprinkle cracked pepper along top of each loaf to make lengthwise strip. Bake at 375° for 30 minutes or until done.

Remove from pans. Cool on wire racks.

Note: to save up to 50 percent rising time, use quick-rising yeast. Follow directions on pack-

age back.

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Venice fund-raising dinner

VENICE — The Friends of Venice, a group of concerned citizens, is planning a Christmas dinner and auction on Saturday, Oct. 22, to aid needy people at Christmastime.

The Rev. John Henry Williams, president, said State Rep. Wyewetter H. Young, East St. Louis, will be the guest speaker. "We are raising money to go back into the community to help those who are without," Williams said. The dinner will take place at

6:30 p.m. Oct. 22 at the Venice Recreation Center, 323 Broadway. Music will be provided by the Rev. Charles Fields, pastor of Bibleway Deliverance church.

Tickets cost \$5 each and may be obtained by contacting William, 452-5120; the Rev. James Harrell, vice president, 452-0224; Janet Griggs, secretary, 451-6207; Ruby Johnson, treasurer; Charles Collins, 451-2132; or Rev. Fields, 451-7034. Tickets also will be available at the door.

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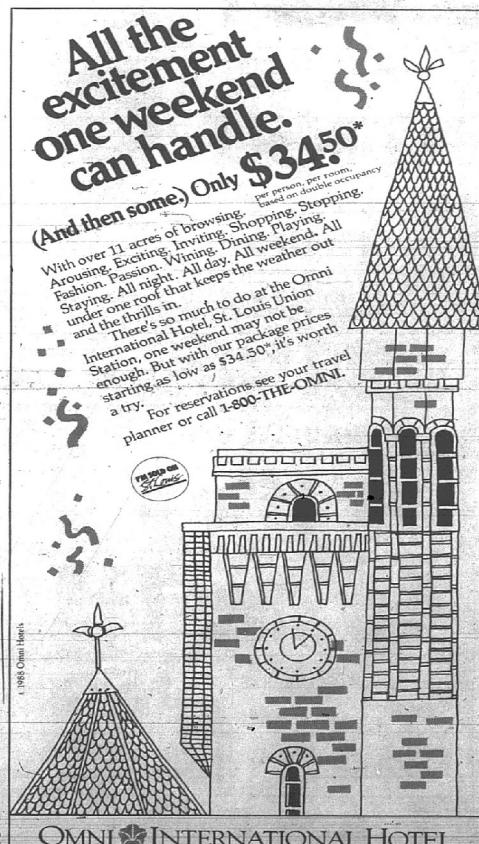
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